



Treadmill Workout Guide

While there's nothing quite like going for a run in the outdoors, our often variable weather conditions in New Zealand can often prevent us doing so. For this reason, a treadmill makes a fantastic addition to your home fitness arsenal, allowing you and your family to enjoy their daily exercise no matter what!

If you have recently purchased one of our fantastic range of treadmills, you will be wanting to make the most of the investment you have made in your personal health and wellbeing. The treadmill workouts provided in this guide are perfect to get you started!

Before we get started...

There are a few best practice techniques we will discuss in detail.

- **Always warm-up before you exert yourself, as well as cool down properly at the end of your workout.**

Warming up prior to exercising is always a good idea, as it not only warms your muscles up to prevent strains, but also slowly builds your heart rate up and prepares your cardiovascular system for the work ahead of it!

Cooling down afterward is equally important. Please ensure you stick to the cool-down guidelines specified for each workout program, or even extend the cool-down period further if required. Correctly cooling down helps bring you down from your period of exertion, which ensures your safety as well as preventing any uncomfortable feelings such as light-headedness from occurring immediately post-workout.

- **Consider stretching after your workout**

Stretching post-workout can help prevent muscle soreness the next day. So it is a great idea to spend the brief few minutes required, to perform basic stretches for your main muscle groups such as: calves, quadriceps, hamstrings, chest and back.

- **Ensure you drink sufficient water before, during and after exercise to prevent dehydration**

Dehydration can not only make you feel unwell, but can limit your exercise capacity too due to decreasing your blood volume, therefore increasing your blood pressure and heart rate responses

to a particular intensity. Keeping hydrated will help you to get the best from your workout session and improve your fitness further!

- **If you are over 35 and not currently taking regular exercise, or have a pre-existing medical condition, consult your doctor before beginning an exercise programme.**

This suggestion is pretty self-explanatory. It's always best to check with a doctor beforehand to make sure that there is no underlying reason why you shouldn't be exerting yourself.

- **Dress appropriately for the temperature and ensure that you don't have any loose clothing or hair that could get caught in moving parts.**
- **Before you get on the treadmill, make sure you know how to work all the controls, such as speeding up, slowing down, changing the incline and emergency off.**

Now, time to get started!

The following workout guides will help guide you from an entry level of fitness, to more intermediate and advanced fitness levels.

To perform the workouts, please simply adjust the speed and incline settings for your treadmill as specified for each time period.

Workout 1

Beginner - 35 minute brisk walk

In order to get you started with your lifelong love for running, we first need to start out slowly and progressively build up your stamina. This entry level workout will see you performing a brisk walk for a total of 30 minutes (35 minutes total includes cool down).

The workout alternates between bursts of higher intensity walking, as well as lower intensity “rest periods” during which you can catch your breath, allowing you to maintain your workout for a total of 30 minutes and shed plenty of calories!

Time	Speed	Incline
(warm-up) 0:00-5:00	3.0	1.0
5:00-10:00	3.5	1.0
10:00-12:00	5.5	1.0
12:00-16:00	3.5	1.0
16:00-18:00	5.5	1.0
18:00-22:00	3.5	1.0
22:00-24:00	5.8	1.0
24:00-28:00	3.5	1.0
28:00-30:00	5.8	1.0
30:00-32:00	3.0	1.0
(cooldown) 32:00-35:00	2.0	1.0

Workout 2

Intermediate - 30 minute jog around slopes

This workout will give you a chance to experience the benefits of your treadmills' incline functions, and their ability to intensify your workout session! The constantly changing incline allows you to try something new and replicate going for a jog around the slopes of Wellington – without the gale force winds!

If you are progressing to this workout from the beginner/entry level option, feel free to adjust the speeds as required to allow you to complete the workout. You may potentially start off by reducing each listed speed by 2.0 until your fitness improves.

Besides being fun, the slopes you will be working against makes this work out a fantastic fat burner due to increasing your energy expenditure throughout the session, as well as helping you to tone up your glutes and calves!

Time	Speed	Incline
(warm-up) 0:00-5:00	5.0	1.0
5:00-8:00	7.5	1.0
8:00-10:00	6.0	4.0
10:00-13:00	7.5	1.0
13:00-16:00	6.0	8.0
16:00-18:00	7.5	1.0
18:00-20:00	5.0	12.0
20:00-23:00	6.0	8.0
23:00-25:00	7.0	4.0
25:00-27:00	7.5	1.0
(cooldown) 27:00-30:00	4.0	1.0

Workout 3

Advanced - 20 minute interval session

This workout is a fantastic option for advanced trainees who are looking for a time efficient way to burn some calories and test their cardiovascular fitness.

The session will see you performing interval training, alternating between short bursts of higher intensity running, coupled with periods of active recovery where you run at a lower intensity for several minutes. The lower intensity periods prepare you for your next high intensity burst as they allow you to clear the lactic acid out of your muscles, while your heart rate will remain elevated throughout!

Time	Speed	Incline
(warm-up) 0:00-2:00	5.0	1.0
2:00-6:00	8.0	1.0
6:00-8:00	12.0	1.0
8:00-11:00	8.0	1.0
11:00-13:00	12.0	1.0
13:00-17:00	8.0	1.0
(cooldown) 17:00-20:00	5.0	1.0

Through using these workout routines you can improve your health, fitness, sense of wellbeing and also take your belt in a notch too while you're at it!

If you need any further workout ideas to help you enjoy your treadmill, please don't hesitate to contact our highly skilled sales team via 0800 222 190 and our staff will be more than happy to assist you.